

School Employees' Health Benefits Program  
Division of Pensions and Benefits  
PO Box 299  
Trenton, NJ 08625-0299

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## Introducing NJWELL

Earn a \$100 gift card for you and one for your covered spouse/partner, too!

## Our Mission: Healthy Members and Containing Costs

The mission of NJWELL is to cultivate healthy lifestyle choices for active SEHBP members to lower health risk factors, improve well being, and ensure that New Jersey's Education Workforce is healthy and productive for years to come. And since healthy members typically require less costly health care, NJWELL will help the SEHBP contain future costs.

Watch for more information about NJWELL in the next few months, including locations for Biometric Screenings and information on accessing the online Health Assessment.

## What will you do with your gift card?

You and your covered spouse/partner will soon have an opportunity to *each earn a \$100 gift card*. It's fast, it's easy...and it pays.

*Look inside to find out more...*





# Participate and Earn Rewards!

## Here's How It Works...

The School Employees' Health Benefits Program (SEHBP) is introducing NJWELL — a program designed to help actively employed members of the SEHBP live a healthy lifestyle. When you are healthier, everyone wins. You feel better, you have more energy for your family and your job, and you typically require less costly health care.

Here's what you need to know about NJWELL:

- **You and your covered spouse/partner can participate:**

NJWELL is available to you as an SEHBP member enrolled in either Aetna or Horizon. Your spouse/partner can also participate, as long as he/she is covered by your plan.

- **You earn points:** When you participate in a NJWELL activity, you earn points.

- **Points translate to rewards:** For this coming year, when you earn 250 points, you will earn a \$100 gift card that you can spend however you want. And your covered spouse/partner can earn his or her own gift card by earning 250 points.

- **Become a Champion:** You can volunteer as a Wellness Champion to promote this program in your District to help your colleagues achieve wellness.

## Earning Your Points

NJWELL starts in January 2014. For the first year of the program, the goal is for everyone to understand their current health status (and earn their 250 points) by participating in two activities:

- **Biometric Screening** — You and your covered spouse/partner can each earn 100 points by participating in a Biometric Screening, which identifies potential health risks. You can get a screening from your doctor at an annual physical\*, or for free from NJWELL at a number of upcoming events throughout the state. Members who register early can get a head start on the program and have their screening completed at the 2013 NJEA Convention in November! Keep an eye out, as information on how to register will be provided soon.

- **Health Assessment** — You and your covered spouse/partner can each earn 150 points by completing a short, online Health Assessment questionnaire that assesses your general lifestyle.

**It's easy:** Participate in both the screening and assessment, and you earn your 250 points.

**It's confidential:** Only your SEHBP carrier (Aetna or Horizon) will see your screening and assessment results; **by law, your results cannot be shared with your employer.**

\*Some physicians' offices may charge a fee for completing the paperwork required for your biometric screening. Check with your doctor. All benefits are subject to the terms and conditions of your plan.



## Get a Head Start on Your Health

### Shape Up With Fall Fitness

The start of the school year brings that clean-slate feeling that can be more powerful than New Year's for making — and sticking to — fitness resolutions.

- Take advantage of the cooler weather and enjoy exercising outdoors. Walking, biking, apple-picking, and raking leaves are fun fall options.

- Find a new activity that piques your interest. Learning something new is not only for students — from yoga to tennis, many gyms and community centers have activity classes that begin in the fall.
- Be an “A” student. Strive to be **Active**, have a positive **Attitude**, and **Adhere** to your new fitness routine.

Help keep NJWELL! To learn more, visit [www.nj.gov/treasury/pensions](http://www.nj.gov/treasury/pensions).